

Tension Headaches, Depression and CranioSacral Therapy

By: Nikki Campbell

Personal Information: Male, 49 years old

History: Intense tension and pain across frontal and behind eyes, fuzzy head, inability to think clearly about his life, exhausted and depressed. Discovered inability to father children in 1982 after a biopsy of testicle showed his sperm were dead. Treated for several years by hypnotherapy, acupuncture, chiropractic, and herbalism. Therapies tried one after the other on a weekly or bi-weekly basis.

Evaluation: OA extremely tight and congested, whole membrane system tight especially the tentorium cerebelli. Began by using cranial work to release tension; but symptoms recurred after a few days relief as they had with some other therapies. From third session onwards used SER techniques with dialoguing, energy cyst work and mouthwork.

Objective Results: Repressed memories of sexual abuse dating from 2 years old and carrying on through until his early teens came into his conscious awareness over a period of several months. Pain left frontal, head cleared, and patient able to think clearly and make decisions about his life. Symptoms still occasionally returning but often at occiput rather than frontal. Still using SER techniques to unearth and resolve remaining issues as far as possible. Patient occasionally sad and depressed as part of this process; but works through these periods and is aware of time needed to fully acknowledge and heal from such a history. Now has connected with his inner child and is regularly talking to and nurturing his inner child as part of his healing process.

Subjective Results: Symptoms greatly improved. Thinking clearer. Enormous personal growth and increase in openness and ability to express emotion Greater awareness of other people. Energy levels much increased and able to plan ahead and do some of the things he's always wanted to do with his life Aware of difficulty of coming to terms with such a history of abuse that included his parents; but is coping well with the emotional side.

Average length of sessions: One hour

Number of sessions: 16